



San Gabriel Pomona Regional Center (SGPRC) welcomes you to a

## Community of Practice

Join service providers, people who have intellectual/developmental disabilities, family members and regional center staff to explore how person centered approaches align with Home and Community Based Services (HCBS) quality standards and people living their best lives.

**Sessions will be held on the 1st Tuesday of every month over Zoom.**

**To RSVP for one or all visit [SGPRCCoP.eventbrite.com](https://www.eventbrite.com)**

**For more information contact [Carmen@helensandersonassociates.com](mailto:Carmen@helensandersonassociates.com)**

### Meet the facilitators



**Mary Beth Lepkowsky** HSA USA, Mentor trainer for Person-Centered Thinking (PCT) and Person-Centered Planning.



**Andrea Schacht** HSA USA, Person-Centered Thinking Mentor Trainer. Mother of a son with a developmental disability. Former regional center service and supports manager.



**Kyra Sanchez** owner of Sleep Easy licensed adult residential home, clinical out patient therapist, Person-Centered Thinking Trainer.



**Jennifer Carter** founder and CEO of UP-LIFT Services, bilingual Spanish-speaking Person Centered Thinking trainer. Jennifer has a nephew with a developmental disability.



**Shawna Hall** HSA USA, self advocate, Person-centered planning trainer, Tri-Counties Regional Center board member.

All PCT trainers are certified by The Learning Community for Person-Centered Practices [TLCCPCP.com](https://www.tlccpcp.com)

**SGPRC COMMUNITY OF PRACTICE:**

**Tuesday / January 3, 2023**

**10:30 - 12:00 PM**

### Person-Centered Approaches and HCBS

Come together to explore how to use person centered approaches to align with Home and Community Based Services (HCBS) quality standards. Learn, practice, and share ideas.

**Tuesday / February 7, 2023**

**10:30 - 12:00 PM**

### Reimagine Services and Support: Shifting our Mindset

Consider the challenges, old and new, discuss needed change, and explore together how to shift and reimagine how human services workers can better support people with disabilities in living meaningful lives.

**Tuesday / March 7, 2023**

**10:30 - 12:00 PM**

### Supporting Choice through Decision Making

Learn about decision making profiles and agreements to create a clear picture about how a person makes a decision and how they want to be supported in decision-making.

These practices help people to have choice and control in their lives.

**Tuesday / April 4, 2023**

**10:30 - 12:00 PM**

### Relationship Map

What is important to you will almost always include who is important to you. We can learn about and record the important people in someone's life by having conversations and using the relationship map.



San Gabriel / Pomona  
Regional Center



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